



# January-PARKER

## Weekend Group Exercise Schedule

### **Saturday, Jan 6th**

9:00-10:00am Cycling- Jodeen

9:00-10:00am Zumba/Toning-Emily

### **Sunday, Jan 7th**

7:30-8:30am-Group Power (Strength Train Together)- Andrea

9:00-10:00am Zumba-Emily

### **Saturday, Jan 13th**

9:00-10:00am Cycling- Shannon

9:00-10:00am Zumba/Toning-Emily

### **Sunday, Jan 14th**

7:30-8:30am Group Power (Strength Train Together)- Andrea

9:00-10:00am Zumba-Emily

### **Saturday, Jan 20th**

9:00-10:00am Cycling- Jodeen

9:00-10:00am Zumba/Toning-Emily

### **Sunday, Jan 21st**

7:30-8:30am Group Power (Strength Train Together)- Diane J.

9:00-10:00am Zumba-Emily

### **Saturday, Jan 27th**

9:00-10:00am Cycling- Lance

9:00-10:00am Zumba/Toning-Emily

### **Sunday, Jan 28th**

7:30-8:30am Group Power (Strength Train Together)- LAUNCH

Diane J. and Andrea

9:00-10:00am Zumba- Emily

**\*\*PLEASE NOTE: CYCLING AT A NEW TIME: 9:00AM\*\***